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The Orlando Tragedy: Are You Ready?

By Steve Darling and Gary Bush

The recent terror attack at the night club in Orlando will likely be investigated for months. The aftereffects will likely be felt for months if not years. One thing should be painfully obvious. This attack could have happened anywhere. In my town, in your town, or in the town of one of your loved ones. There is every possibility that this could happen again. Are you ready? Once the situation was stabilized, imagine the scene that LEO's and other First Responders had to wade through with 49 dead and over 50 wounded. I'm not sure ANYONE could ever be prepared to face that type of carnage. What must they have been going through their minds while assisting the wounded, securing and processing the scene and generally picking up the pieces. How will this event impact their well-being?

My colleague Steve Darling writes;

"Let's remember that LEO's and first responders around the nation prepare and train for mass casualty incidents, regardless of the ideology, race, nationality, or motivation of the offender (s). LEO's respond to the gunfire and rely on past training to get them through

physically, mentally, and emotionally, but not always. LEO's are the Shepard's guarding a thin blue line, every LEO in the country has thoughts and feelings and emotions on events like this.

I am sure that professional teams are responding to provide assistance to the first responders who are willing, and more importantly, open to help cope with the aftermath of this horrific incident on American soil.

Being a retired police officer, I know that each and every active LEO should be rehearsing their own response if and when an event similar to Orlando or San Bernardino occurs within their own jurisdiction. Just as important, LEO's should be practicing self-care care daily to alleviate cumulative stress inherent with the job. If and when an incident of this magnitude does occur, prior mental health preparations may insulate LEO's innate coping systems and protect them from being overwhelmed.”

So, are you prepared? If not, GET prepared. Most importantly, BE SAFE.